



NEW COMMUNITY

CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 1 NO. 1

NEWARK, NEW JERSEY

MARCH 1983

Celebrating Our 15th Anniversary

What Is "New Community"

It has been 15 years since we embarked on a mission of building a "new community" in an area in Newark which bore the most tragic evidence of social disruption, decay and hopelessness.

Since then our housing program has transformed over 40 acres of this formerly devastated zone into an oasis of attractive and diverse dwellings; an accomplishment which has made New Community a leading non-profit developer of Federally subsidized housing.

However, we are actually a community developer rather than a housing developer. This distinction is significant because the terms suggest two approaches to relieving the critical shortage of desirable and affordable housing in an urban setting.

If the strategy is simply to build and even to operate a housing complex only, the acute problem of providing adequate shelter is resolved. Unfortunately, the negative forces which led to the decay of that neighborhood continue to exist and will eventually destroy the new housing also.

The empty high-rise apartments, in full view from new Community, are an awesome reminder that they too were highly praised as "decent" housing just 25 years ago.

Conversely, New Community's ap-

proach is primarily aimed at serving people. For this reason we feel a responsibility for delivering those services which prevent social and economic decline. We believe the human spirit needs more than "decent" shelter. It needs an environment with a character that will be enduring and desirable.

Although the other components of our community building plan are not as visible or evident as our housing construction program, each facet plays a major role in delivering essential community services.

A brief profile of these components will illustrate our approach to a comprehensive and long range community development plan.

Dear Friend of New Community

In January 1983, New Community marked its fifteenth anniversary. Babyland was also founded fifteen years ago. During this year we hope to have a number of events to celebrate our history.

Many feel that non-profit organizations do not endure, they are not very sophisticated, and probably mean well but are not to be taken seriously. Many felt this way about us fifteen years ago. Today, New Community has developed and operates 1,512 units of housing and Babyland has three Day Care Centers and one Shelter to serve the people. This was only made possible because we have many who did believe in our dream.

Dreams can be fantasy, quixotic or even a nightmare. We see ours as a vision, a vision of what should be. Further, we see ourselves with God's help and the support of our friends as being part of making this vision a reality.

Dreams have an interesting twist. Once a dream becomes a reality, one doesn't stop dreaming but instead is encouraged to dream bigger dreams. After fifteen years we are not going to stop dreaming. New and bigger dreams have now replaced the old fulfilled ones. And with the help of so many of our friends these, too, will become a reality.

INTERCOM served us well as a means of communicating, but today it has grown into the New Community Clarion. May it serve the people of New Community and our many friends.

NEW COMMUNITY BOARD OF DIRECTORS

ORGANIZATION - The three corporate divisions: New Community, Babyland Nursery and St. Rose of Lima, operate as a team for providing a wide range of services to the community.

DWELLINGS - The size, design, appearance and physical integrity of each dwelling unit are aimed at providing comfort, safety, convenience, beauty and an opportunity for social interaction among the residents.

RESIDENTS - much care is given in the planning and design process to produce a diverse and desirable mix of people. The population ranges from

infants to seniors, including students, and the handicapped, as well as many skills and professions.

SOCIALIZATION - an open and neighborly community is the type that residents desire. Therefore a variety of activities will help build trust and friendship, expand cultural, educational and civic experiences and provide recreation.

HEALTH CARE - accessible and affordable medical care for the treatment or prevention of illness is a necessity. In conjunction with the

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New Community Manor Seniors Completed!



Ralph Branch with his daughter Mildred Hogan

On January 10, 1983 New Community Manor Senior Building on Orange Street in the West Ward welcomed the first of its 153 residents.

According to Wellington Motley, the building's manager, some of the new arrivals seemed overwhelmed by the beauty of our latest building. The lovely pastel striped wallpaper gracing the walls adjacent to the elevators, and color coordinated to match the nearby hallways, were not what they expected to find in their new home.

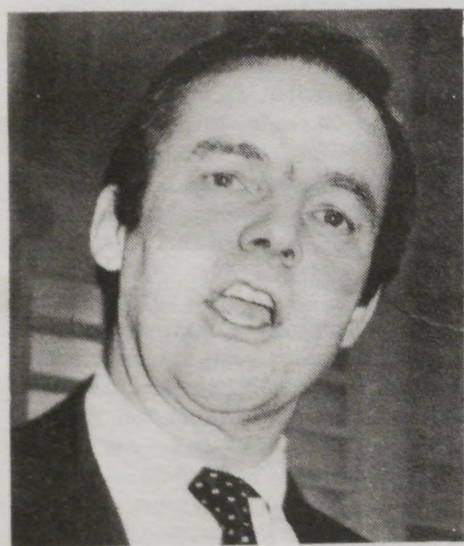
The community room was immediately put to use with a party held there to celebrate the completion of the 10-story building opposite St. Rose of Lima Church. Residents and

NCC staff alike, admired the new surroundings. Cheerful curtains in the laundry room and throughout the building made it look anything but institutional, and happy pictures of children lined the entrance and first floor halls.

One of the residents graciously opened her doors to visitors showing very proudly her lovely new apartment. And Mildred Hogan beamed at Ralph Branch, her 91 year old father, as they enjoyed the party. For them it celebrated the fact that since they both have apartments in the same building they can look out for one another.

Dignity, security, and peace shown throughout the halls as the latest building welcomed its new families.

Kean to Chair Ball



Governor Kean, shown above addressing the Legislature, will be Honorary Chairman of a grand ball to be held this fall celebrating the 15th Anniversary of New Community Corporation and Babyland Nursery. Plans are underway now for the event, which will highlight this memorable and proud occasion.

"This is my home, I'm going to stay right here till I die."

Mrs. Lola P. Stewart, a member of the first New Community Advisory Board, died on Monday, February 14th at the age of 77. She was well known in New Community and had the unique experience of eventually being able to live in NC Homes, the housing she had helped design and had watched become a reality. She was an inspiration to all.

Her involvement with New Community began shortly after the summer disorders of 1967, when Rev. William J. Linder and a group of concerned citizens set about the task of



addressing concerns of community people. In their quest they found several issues that had to be addressed and several needs that had to be met, but the greatest of those needs was decent housing. They decided therefore to make safe, appropriate housing their first goal. This started the first NC Advisory Board of which Mrs. Stewart was a loyal and supportive member. This Advisory Board worked very hard in the community, holding meetings and having fund raisers, to get the initial footage needed to make their housing dream a reality.

The Advisory Board had several responsibilities, but one was to visit housing all over the country and bring back the best possible idea for the first New Community. During those years, Mrs. Stewart's health began to fail, she had a condition that meant any long periods of walking would render extreme pain. But during those years of touring, Mrs. Stewart never missed one trip. There was no complex so large nor boiler room so low in the basement that Mrs. Stewart would not walk down to investigate. In talking with Mrs. Mary Smith a member of the original Advisory group, she said "Sometimes Mrs. Stewart would be in such pain we would say to her 'You don't have to walk down here' and her response would be 'How can I tell them what we want if I don't see if it's good enough.'"

Mrs. Stewart's marvelous frame of mind never flagged. After the first New Community project was built her supportive measures were still felt by the New Community Corporation Board. She continued her work long after her illness confined her to a wheelchair. She would go out on her balcony to make sure the kids didn't play on the trees or damage the property. She was a constant caller to the

Management Office keeping everyone aware of her deep concern for New Community Homes.

After her declining health confined her to bed, the Board of New Community felt that maybe she would be more comfortable in the Senior Citizens Complex which she had also given undying support. She rejected this offer. In my interview with her regarding her transfer to a senior complex, she said to me "This is my home and I'm going to stay right here till I die." This statement reflects the strength and determination of Mrs. Lola P. Stewart.

Her death on February 14, 1983, saddened many hearts as Mrs. Stewart gave up her throne in New Community for a throne in a Higher Place. Mrs. Stewart loved New Community so much that her last conversation with me was about getting her strength back, so that she could again make sure that the ideal purpose of New Community be deeply embedded in the minds and hearts of every New Community resident. Decent housing for decent people. She believed that the pain she suffered was not as strong as her determination to see New Community what it is today.

And so as we say farewell to Mrs. Stewart, let us remember that the hardest job has been done. She fought to get decent housing. Let us work together and keep it with the pride, dignity and determination Mrs. Stewart stood for.

Georgia Ransome

What's in a name? Why the Clarion?

The Clarion according to Webster, is a medieval trumpet with clear shrill tones. Its high range commanded the attention of all around when blown. Generally these lip-vibrated instruments were played in pairs and were discriminated in nomenclature by pitch, the clarion being the highest.

Originally a symbol of worldly power in the East, the trumpet or clarion was associated with functions of princes and dignitaries until the 18th Century in Europe. No self-respecting city, from the Middle Ages on was without its own trumpeters.

Banners were provided later to "dress" the trumpet in the colors of the distinguished court patron for whom they were made.

Militarily, they sounded signals and alarms as well as maintaining morale with their noise. At court, trumpeters functioned as heralds and couriers as well as entertaining at meals.

The clarion's power to gain attention through its piercing tones made it especially valuable for heralding public proclamations and ceremonial functions.

We hope the New Community Clarion will be a modern-day herald of events and items of importance, enabling the voice of Babyland, St. Rose and New Community to be heard throughout the Newark area and beyond.

New Community and Babyland Celebrate Their 15th Anniversary

15 Years Old and Still Growing

Children play on grass-covered lawns, while parents watch from nearby windows. Elderly residents rest in the sun on comfortable benches, or tend gardens with lush flowers or bumper crops of cabbage, tomatoes or squash. And just down the street, a Babyland day care center tends children of working parents, in bright new spacious surroundings.

Sounds lovely doesn't it? And it's right here in the Central Ward of Newark.

It is a description of the New Community neighborhood today.

We've come a long way since our 1968 start amidst the ruins of the riots of the previous year--and we're still growing.

Fifteen years ago New Community broke the chains binding Newark's low-income residents by building beautiful well-designed homes for the young and elderly and handicapped which are now a prototype for the state and the nation. Its sparkling 45 acres encompass a new neighborhood 1,285 families strong--the first in Newark in over 20 years. A neighborhood with pride and dignity as its hallmark. And our extended area buildings at NC Roseville, NC Douglas in downtown Newark, and the latest arrival, NC Manor on Orange Street, serving an additional 388 families, are spreading the good news of New Community housing even further afield.

New Community's pride however, is not only in its buildings. It is in each of the people whose dedication to his or her job makes the idea of 15 years ago actually work.

For a community to survive and grow in Newark requires constant attention to the needs of the people it serves. New Community teamwork and planning makes this possible.

Our management team capably scans the day to day operation of each

BABYLAND III HAPPENINGS

Activities at Babyland III during the month of February centered around celebrations of Valentine's Day and Black History month. The children made valentines for their parents as well as exchanged cards with one another.

We would like to take this opportunity to thank those parents who brought in cakes for the children as well as cards and gifts for the caregivers.

We would also like to thank all of the parents who attended our last parent meeting for coming, as well as our guest speaker, Mrs. Soledad Alston, Director of Health. The meeting proved to be very informative as the major topic of discussion was Nutrition and Health.

We hope that all of our parents continue to support our efforts of relaying helpful information to them by continuing to attend Parent Meetings which are held the fourth Wednesday of each month at 5:30 p.m.

"All progress is precarious, and the solution of one problem brings us face to face with another problem." Martin Luther King, Jr. Strength to have (1963), 8.3

building and handles problems as they arise. The security force is the team unit which is the eyes and ears of the people it works to protect. Through constant surveillance of the area, they are able to provide an environment where adults and children alike can enjoy their homes and surroundings. And no building remains in prime condition unless properly maintained. To keep the homes in top shape, New Community's own maintenance department attends to repairs on a year-round basis.

Teamwork and planning also led to the establishment of Babyland Nursery Day Care Centers which get neighborhood children off to a fine educational beginning.

Add to this a Health Care Center serving area residents by appointment only, and a social service network of support, and you have some of the reasons why New Community enjoys the fine reputation it does among Newark residents today.

We have much to celebrate after 15 years.

And this is just the beginning-----

Patricia Foley, Pres.

New Community Foundation

What Is N.C.

(continued from page 1)

University of Medicine and Dentistry, a medical clinic is located within the New Community complex.

Babyland's program of nutrition and care to the very young and its aid to the physically abused women are other methods of health care.

The specially designed building for the handicapped of all ages, and the proposed nursing-home type dwelling, are all examples of extending health care.

YOUTH - It was a young but angry and discouraged adult who 15 years ago brought to our vivid attention the need for a nurturing social environment.

Babyland, St. Rose of Lima and New Community are offering an increasing number of youth oriented programs. These represent an opportunity for socialization and an educational plan to support, to direct or to inspire young people to become well adjusted and productive citizens.

ECONOMIC OPPORTUNITY - All three divisions provide the residents with services or opportunities to help strengthen their economic base.

Employment, day-care service, low tuition or scholarships and moderate rents are examples of current benefits.

COMMERCIAL CENTER - A proposed commercial site will provide a convenient, safe and attractive center for shopping for food and other necessities. A number of service-oriented businesses are also anticipated.

We cannot envision where we'll be in the next 15 years. As the growth process accelerates, so will the need for an increasing number of services. Nevertheless, there will be no limits to the tasks we are willing to undertake to enhance and to preserve this, our New Community.

Newton Richards

N.C.C. Board of Directors

1973 Groundbreaking Heralds Beginning of Construction



Above scene taken in October 1973 of the original groundbreaking ceremony on South Orange Avenue at Morris, signaled the beginning of what is today, New Community's 85 million dollar housing complex. A comfortable Babyland Day Care Center, townhouses and sparkling senior towers, set in grassy park-like surroundings, now stand where 15 years ago were sagging shells of houses amidst much rubble.

Young Children And TV

In today's high technological society, television has become the major entertainment, as well as an information medium.

Over the years, as the number of television sets per family has increased, there has been growing concern about the effect of TV on children.

As we are aware, children spend a great deal of time watching TV, probably more than in any other specific waking activity. Therefore, such questions as to the effect of long hours of viewing on children have been raised. These questions are critical in that the minds and personalities of children are highly influenced by whatever they experience during their early years.

Many parents have attempted to monitor what their children watch on TV, hoping to guide or control the viewing habits of their children. However, it has become increasingly difficult, as programming is usually based on popularity rather than quality.

Commercials, as well as the programming, have a tremendous effect on shaping attitudes, values and beliefs in children. Children have difficulty distinguishing reality from fantasy. Hence, producers of children's programs and commercials often use anthropomorphic plays (talking animals or objects) to interest and entertain the children. This methodology may tend to confuse children, who expect their cereal or toothpaste to talk to them as they have seen on TV.

Children also have a tendency to identify, sometime very strongly, with a popular character on TV.

What can parents do to ensure that children receive a positive effect from TV and realize its benefits?

First, *parents should watch TV along with their children* whenever possible so that they may be available to answer questions or explain what is going on in a program.

Second, it is a good idea to *ask children questions* about a program to determine if they understand what they are watching.

Third, if you find, through discussing a particular program with your child, that he does *not* understand, you may suggest that he watch something more appropriate.

Finally, if you feel your child is watching too much television, you may present other activities of interest to him as a means of helping him decide to turn off the set on his own.

Victoria Boyd
Center Supervisor
Babyland III

Auto Restraints For Children

The State Legislature had approved a bill introduced by Assemblywoman Mildred Garvin (D-Essex) requiring that children be fastened by special restraint systems or safety belts while riding in automobiles.

It has been sent to Governor Thomas H. Kean for his approval. More than 20 states already have adopted similar laws. Last year in New Jersey alone, 25 children died as a result of injuries in auto accidents.

The adult seat belts fail to protect children. Under the proposed law, children under 18 months would have to have a special car safety seat, while those between 18 months and five years would be required to be secured with a safety belt in the rear seat of the car.

When the number of children exceeds the number of car safety seats and belts, the children must ride in the rear seat.

Violators of the proposed law could be fined from \$10 to \$25. The law also provides \$10,000 for the State Division of Motor Vehicles to produce educational materials about the various safety systems.

THE NEWARK MUSEUM NEWS NOTES

Saturday Fun For Children

Don Quixote Experimental Children's Theatre, a company which selects themes that reflect various Hispanic traditions, will perform *Three in One (Tres en Uno)*, on Saturday, March 12, at 1:30 p.m. *Three in One* is a bilingual musical play, which combines the Hispanic child's needs, dreams and goals. On Saturday, March 26, at 1:30 & 3:00 p.m. the film *Joey* will be shown. Joey, a young New York Puerto Rican, who is often harrassed by the neighborhood bullies, meets a "sensei" in the park. The sensei teaches him karate and how to be at peace with oneself and live without fear. Preceding the Saturday, March 12 and 26 programs will be a 12:30 p.m. live animal talk and a 1:00 p.m. Planetarium show for children, *The Spring Sky* (admission 75¢. Programming for children has been made available through funding from the New Jersey State Council on the Arts, The William Lightfoot Schultz Foundation and The Frelinghuysen Foundation.

Teen Arts Festival

The museum will host the twelfth annual *Newark Teen Arts Festival Exhibition* featuring art by students in the City's public and private secondary schools. On view March 12 to 27, the event is co-sponsored by the Newark Board of Education and the Junior League of Newark and Montclair. Performances by the students and a reception will be held at the Museum on Saturday, March 19, at 2:00 p.m.

The most important gift a Parent can give their child is a few minutes of their time each day.

Thanks From Douglas

We take this time to thank the Social Services Department for bringing the Five Kings and One Queen to us on February 10, and we thank the tenants for responding so beautifully. It made for an enjoyable evening, and reminded us that spring is just around the corner.

It will soon be time to take out the old shovel, hoe and rake. The Garden Club meets every 2nd Thursday of the month in the Arts and craft room, and we welcome new members to help plan the gorgeous garden we have here each summer. Come make us bigger and better!

Alma Hanks

Children's Books

(continued from last month)

Last month I talked about selecting children's books and what is accomplished by reading to children well before the child's first birthday. Sounds are learned and a good feeling about books developed. Here are some more tips which will encourage a love for reading and develop self-confidence in a child at the same time.

During the time when parents and/or adults are reading to a youngsters, they should be sure that the child can see the pictures and be able to have access to the book. Adults should encourage the child in helping to turn the pages of the book and allow them to point out items of interest along the way. The reading should be done at a leisurely pace with the youngster setting the tone, and should be continued as long as the child remains interested. If a book falls short in bringing pleasure to both reader and listener, then by all means, put the book aside until a later date.

It is important to remember that although children enjoy new books, they often like to request old favorites. Some books are heard so often that the child commits them to memory and is able to quote them verbatim.

With a little help from you, your child will be off to a fine start.

Mary Ann Sysnik
Center Supervisor
Babyland I

THE N.C. CLARION

Serving the people of Babyland
St. Rose of Lima & New Community
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The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Immunization — The Best Preventive Medicine

One of the most important aspects of good health care is the prevention of disease, and immunizations are the easiest way to achieve this goal.

Your child will begin immunizations or (baby shots) at 2 months of age when he/she receives the first injection of Diphtheria-Pertussis (whooping cough) and Tetanus which is a 3 in 1 vaccine. Two months later, at 4 months of age, a second inoculation of the same vaccine is given, and

Dr. Harold V. Winters, a specialist in Pediatrics, is a member of the attending staff of the United Hospitals in Newark. Dr. Winters maintains private office hours at the New Community Health Care Center from Monday-Friday. For an appointment please call 623-4990.

again at age 6 months, a third inoculation is administered. At the same time oral polio vaccine (O.P.V.) is given, thus protecting against 4 serious illnesses by 6 months of age. Very few young people have ever seen a child with Pertussis (whooping cough), but 30 years ago it was a serious illness, especially with the very young infant. This was due to poor immunization practices.

There are a few diseases in which the very young infant is protected because of receiving immune protection from their mother's blood stream. Whooping cough is not one of these diseases and even one day old infants have been known to contract the disease with severe consequences. At 15-18 months of age a DPT booster or "recall" immunization is given, and another dose of oral polio vaccine is administered. It is very important to get this booster inoculation because it raises the protection level much higher than the 3 initial "shots."

Upon entry to school at age 4-5, another booster inoculation is given to the child. No further immunizations are given for DPT until age 10-12. Thereafter Diphtheria-Tetanus (lockjaw) is given every 7-10 years.

At age 18-24 months a combined measles, mumps, rubella (German Measles) vaccine is administered, again protecting against 3 diseases with one inoculation. Presently no booster shot is required for these 3 diseases as immunity appears to be lifelong.

Is there any risk in taking these routine "shots"? Yes is the answer; no vaccine has ever been invented that did not have harmful side effects. Usually these are a sore injection site and a varying degree of fever which can be controlled with simple drugs like aspirin or acetaminophen. In most instances your physician will supply you with a clear cut instruction sheet, as to what to look for after the inoculation.

What other diseases can you be protected against with immunizations?

Viral hepatitis "A" (formerly known as Infectious Hepatitis), Viral hepatitis "B" (formerly known as Serum Hepatitis), and Rabies (Hydrophobia).

Varicella (Chicken Pox), and Zoster (Shingles) vaccines are given only to severely ill patients, for example with Lukemia. A new vaccine is being developed and will be released in 1984, but again, only special patients will receive the vaccine.

In special conditions such as foreign travel, these inoculations are administered:

Typhus - Typhoid fever, and Yellow Fever (Smallpox vaccine is no longer given because the disease has been eradicated from the world.)

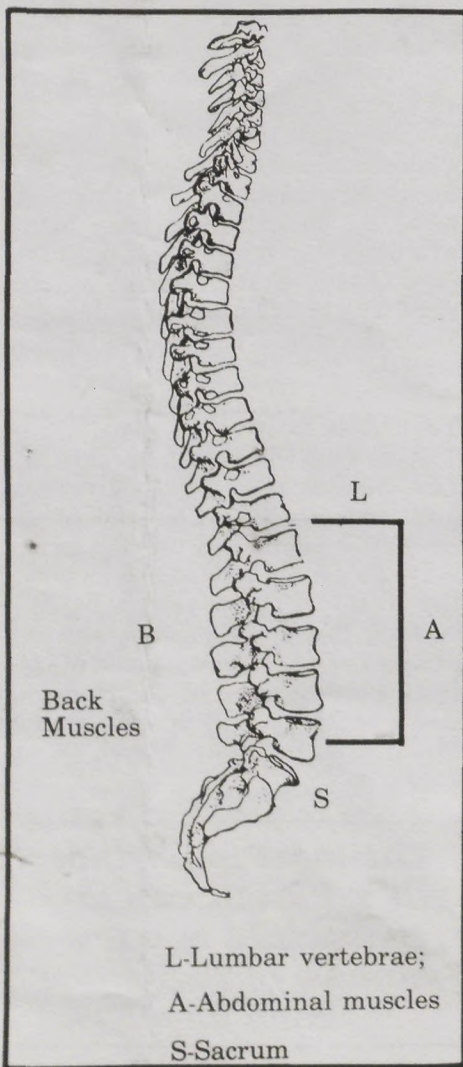
It is important that your child receive his/her inoculation on time.

At the present time, in order to attend school in New Jersey immunizations are now required by Law. Make sure you keep the child's immunization record in a safe place and present it to your physician on routine well child visits.

What about immunization for adults? Usually these fall into the rabies, hepatitis, tetanus group - No booster (for tetanus) is necessary if the injury is within 5-7 years of the administration of the vaccine. (If your wound is severely crushed or it is a burn you may need an injection.) Persons who were not immunized in childhood against tetanus, and this group includes those women over 50 years of age (males in their peer groups usually received injections if they were in the Armed Services), can be given Tetanus Immune Globulin for protection.

Keep your immunizations up to date and prevent rather than cure disease.

Harold Winters, MD, FAA.P
Director of Pediatrics
NCCCHC



TIPS ON HEALTH

This section will be devoted to questions and answers on health. Please mail your questions to the **New Community Clarion**, 755 South Orange Avenue, Newark, New Jersey 07106.

Question: I have had this nagging low back pain for some time now. I don't remember hurting myself. What can I do?

Answer: This question could very well have been asked by every other not-so-young man or woman reading this. The young people do not usually have this problem unless the back has been injured by a blow or a fall, or there is a diseased condition in this area of the body. To appreciate what can be done about it, first you have to understand how the condition has come about.

The vertebral or spinal column is made of several bones named vertebrae, one on top of the other. When viewed sideways, the spine of the adult is normally curved as illustrated below.

Five of these bones are called the lumbar vertebrae. They are joined to each other and to the ones above and below by ligaments. Their main support, which keeps them in the slightly curved position, are the abdominal and back muscles. Now, muscles stay in shape only if they are used. And therein lies the problem. For with the exception of athletes and the few who do physical exercises regularly, these same abdominal and back muscles are seldom used, so they become lax and weak. As the weight of your head and upper body comes down on the lower end of the spinal column, because the muscular support has been weakened, the lumbar curve becomes more pronounced, especially at the point where the lower-most lumbar vertebra joins with the sacrum (see illustration). Result — the ligaments between these bones are stretched, causing pain. This explains my earlier statement about the young not having this problem. They are generally more active and their muscles have not had as many years of disuse as those of older people. So what needs to be done is to get these muscles back into shape through exercise.

The following series of exercises were prescribed by an Orthopedic physician for me and might help you. (Yes, I **had** the problem, too). **Caution: Do Not** attempt to do these exercises unless it has been cleared that the low-back pain is not caused by a more serious injury or a disease. And if the pain gets worse as you exercise, stop immediately and consult your physician.

1. Get on your back on the floor, legs straight and hands on the chest. Raise your head up, then your shoulders just above the floor. You will feel your abdominal muscles contract. **Very Important:** Do Not arch your back. Hold this position while breathing in and out normally 5 times. Slowly lower your head and shoulders to the initial position and relax all muscles. Breathe in and out 2 times. Repeat this cycle 10 times.

2. With both legs straight, raise your right leg as high as it can go. Hold this position while breathing in and out normally 5 times. Lower right leg slowly and relax. Do the same with the left leg. Repeat this cycle 5 times.

These 2 sets of exercises should be done in the morning upon getting up and again at night before going to bed.

3. Stand up straight. Pull up your abdominal muscle. Again **Do Not** arch your back. Breathe in and out normally 5 times, then relax. Repeat this 10 times. This exercise can be done standing still or walking so you can practice it while going for your coffee or to the restroom. Get up every hour and do it, whether you are in the car, train, airplane, or in the office. Now, doing it in the office might seem like wasting company time, but it will actually be accomplishing just the opposite. After all, no one can really function efficiently while suffering from a nagging back pain. And remember, unless corrected, the condition gets progressively worse.

These 3 exercises should be done regularly every day. But there is one thing you should do besides, and that is, walk. Use ordinary everyday occasions to accomplish this. Walk up the stairs even if there is an escalator. Catch the elevator on the 2nd or 3rd floor. In the shopping mall, park your car as far away as possible.

I think by now you have grasped the idea; exercise morning and night, walk as much as possible, and remember to pull up that abdomen. Before long, perhaps you too can say "I **had** the problem".

Soledad Alston

On Display

Every Thursday afternoon, from 3 p.m. until 5 p.m., the Hobby room at 180 So. Orange Avenue hums with the busy hands of our Ceramics Class. The class started in June 1982 and has an enrollment of thirty-five senior citizens.

Ceramic making is an expensive as well as an expressive hobby but through the efforts of the NC Board, our seniors can participate in this activity, paying only the cost for the items they select. New Community purchased a kiln and supplies of paints, brushes and other materials needed to make this class a success. We have already outgrown our room and expect new members in the future.

The class is instructed by Georgia Ransome, a NC Social Worker and resident. It is always filled to capacity since everyone seems to enjoy seeing what they are able to make with their own hands.

Working on ceramics has also been very therapeutic for many of our seniors who suffer from arthritis and other ailments that restrict the use of their hands and fingers.

June '83 will mark our first anniversary. At that time we plan a large exhibit of ceramic pieces made by our seniors with the awarding of prize ribbons for the most original pieces.

In Photos appearing on opposite page showing some of our seniors at work in the ceramic class. Lucy Bates displays her stained ceramic plate which will adorn her wall. Ila Barnes puts finishing touches to king size spoon while Loris Ward works on a candy dish. At top of page Euzera Baskerville works on bottom part of a table lamp and Verna Bass is getting ready for Christmas.

Ceramic Club Hard At Work



At your (Social) Service

by the Staff of the NCC
Social Services Dept.

Voter Registration Drive:

In February the Board of Directors of New Community initiated a voter registration drive. The goal of the drive is to have every eligible tenant of New Community registered to vote in the next election in May.

The drive scheduled to take place between February 15th and March 4th, is seen by the members of the NCC Board of Directors as extremely important to the interests of our community.

Mary Smith, Treasurer of the NCC Board summed up this concern. "For years we have talked about "Community Control" as a way in which we as individuals, can have a meaningful influence on those institutions that effect our lives. However, there is no greater "community control" than that which comes from the "ballot box". This is why we are so concerned that every tenant of NCC be registered to vote. When those who are interested in running for public office are aware that New Community has a higher percentage of registered voters than any other community in Newark, they will be sure to take this into consideration in deciding issues that affect our community".

The Voter Registration Drive will include meetings at various buildings, door to door registrations, flyers, posters etc. If you will be 18 years of age by May 10th, you are eligible to register to vote. You may register at the NCC Social Services Office, 220 Bruce Street, or at the NCC Management Office, 200 South Orange Avenue, any weekday between the hours of 9:00 a.m. and 5:00 p.m. For further information please call 623-6114.

NC YOUTH COUNCIL TRIP TO CAMP OCCAWASIN

The New Community Youth Council is sponsoring a trip to Camp Occawasin. Camp Occawasin is a 45 acre camp located in West Milford New Jersey. The NCC Youth Council will be traveling to the camp April 8, 9, and 10th. The trip includes meals, boating, fishing, hiking, cookouts, basketball, softball and lots of other fun-filled activities.

Last year a group of 30 youngsters and adults braved the cold November weather and had a wonderful time. We roasted marshmallows, went hiking and stayed up very late at night just having a plain old fashioned good time. Since our last outing went over so well, many of the youngsters have been requesting that we go again.

It's important that our young people get away on outings such as this, but it's equally important that parents begin to take an active interest in their children and go along with them. When parents and children share an experience the experience becomes a lot more meaningful.

The cost of the trip is \$15.00 per person. If interested contact Paul Reid at 623-6114 or come to NCC Social Service Department, 220 Bruce Street between 10:00 a.m. and 5:00 p.m. We hope some parents will take this opportunity to spend a fun-filled weekend with their children.

Exercise Class begins:

A ten week exercise class in Aerobic dance has just begun. The class, conducted by Ms. Sheila Washington, is held every Tuesday, Wednesday and Thursday evening between 6:00 p.m. and 7:00 p.m. at the NCC Social Services Offices 220 Bruce Street. The fee is \$2.00 per class or \$5.00 for all three in the same week. For further information please call Georgia Ransome at 623-6114.

Grand Opening for NC Manor Food Concession:

On Friday, March 4th the Grand Opening for the food concession at NC Manor Senior will take place. As with the three other concessions, the NC Manor Concession will be open weekdays from 9:30 a.m. to 12:00 noon.

Globetrotters:

On February 19th the NC Youth Council sponsored its second annual trip to the Meadowlands to see the Harlem Globetrotters. The event proved to be as much fun and excitement as one would expect in seeing the Globetrotters in action.

Radio City:

On February 18th a group of NCC tenants enjoyed a trip to the Radio City Music Hall to see the Ice Show. The event included a luncheon at Evelyn's in Elizabeth.

Gospel Chorus A Big Hit

An evening of good Gospel music was enjoyed by those attending the Inspiration Chorus Third Anniversary January 28. The guests kept the people happy with their heartwarming, handclapping selections. The poems that were presented were food for thought. Among the guests were the Carey Singers of the Tabernacle Baptist Church, whose pastor is Rev. Wm. Irving, Mr. John Hill, The 140 Gospel Chorus, Pleasant Grove Baptist Choir, Coronation Gospel Chorus, Christ Holy Wonders and others. Their making the evening a success was very much appreciated. Ms. Bertha Whatly and those working with her should be commended for a job well done. The hostess, ushers and all others who helped are appreciated for their assistance.

On February 14, the weather was inclement on the outside, but the atmosphere, at the Valentine's Day Party, was full of warmth and love, sharing and caring. There was plenty of good to be enjoyed. The Five Kings and Queen was superb. The Inspirational Chorus, with Evangelist Lawrence at the piano, made our hearts rejoice. It was good to see Ms. Ellen Watson back with the chorus,

plus two new members. As Ms. Watson expressed herself concerning the Valentine Party, she was very happy to see how concerned the Managers, the Sisters, and the members of the Social Service Department were, making sure everyone was served and satisfied. Love was really shown. Ms. Leslie graciously served Ms. Watson so she could enjoy the evening herself; it was just so sweet and wonderful. Sharing is really caring. It was one Valentine Day when love was expressed in doing.

We always welcome all new tenants and invite them to participate in the activities. One person did just that. Her name, Evangelist. Betty Lawrence is a very versatile person. Mother Lawrence, as she is known to some, is a native of Hampton, Va., and was graduated from the Hampton Institute, majoring in music. While attending school, she taught children of families who lived on the campus and appeared in several concerts. She is now pianist for the Inspirational Chorus.

We are glad to have her as a neighbor and friend.

Phyllis Burton

N.C. Seniors Celebrate St. Valentine's Day



Gloria Newsome of N.C.C. Social Services, (third from left) cuts the especially decorated cake for the second annual St. Valentine's Day party of the N.C. Social Services and N.C. Seniors at the N.C. Associates. The theme of the party was "caring and sharing."

With her are: (left to right) Maude Jones, 180 Club president; Rose Wyatt, Ms. Newsome, Phyllis Burton, Nora Smith and Ann Bellamy, who served as hostesses for the party. Additional hostesses, not photographed, were Viola Moses Magnolia Brown, Carrie Brewer and Emma Johnson.

More than 150 persons attended the party despite below freezing temperatures and snow drifts from the blizzard of '83 only two days earlier.

The Valentine's Party provides an opportunity for seniors from all New Community buildings to get together and have some fun while exchanging news of friends, families and of course each other. The warm and inviting community rooms in all the buildings welcome gatherings of this size and provide a vehicle by which the people of New Community keep in touch. Being able to enjoy such a day allows the "caring and sharing", which makes New Community different from ordinary housing, to happen. The person is not forgotten.

In addition to the beautiful cake, the women prepared fresh baked bread, delicious salads, mouth watering barbecued chicken and sherbert.

Entertainment brightens any party, and included recitations of poems by Julia James, president of the 140 Club, and Georgianna Brown. Music was provided by Andy Williams and The Five Kings and One Queen Gospel Singers. Sister Lawrence provided piano selections during lunch.

The snow covered view outside the windows spoke of cold, but these New Community seniors and their Social Service helpers were warm and happy on Valentine's Day 1983.

Behind the Shelter Door

"Life" in The Shelter goes on 24 hours a day, 7 days a week.

It is morning, noon night; the phone is ringing, a woman is calling for help, for a safe place for herself and for her children.

A woman has decided she wants no more. No more psychological abuse, no more physical abuse, no more apologies.

Abuse can take many forms: the psychological abuse of constant criticism, in the first stage of violence known as the "tension building"

stage, or the physical abuse of a beating lasting from 6 minutes to 6 days, while in the "abuse" stage, followed by excuses and tenderness given "too little too late" in the stage known as "the honeymoon".

But eventually there comes a time when a woman cries out for help and picks up the phone -- and then we hear her voice.

Sometimes we have known this voice for a year, sometimes for an hour, but the concern and caring is the same. We await her arrival.

Here she will find people to assist her; to provide choices, to inform her of her options.

The family is met by a staff member at a local hospital and taken in to our "home". We provide three meals a day, Babyland day-care for pre-school aged children, and continuing education for grammar-school aged children. We have been able to provide clothing for the women and children thru the generosity of groups such as the Jr. League of Montclair-Newark, E.C. League of Volunteer Workers, and Maria Greco Associates (a N.Y. Student Actors group), as well as numerous other individuals and groups. For the family who has to "run" to escape further brutality, clothing is often needed. Sometimes night clothes and slippers are all the "wardrobe" they have.

After meeting the physical needs of the family in crisis, and consulting with the new "resident", we attempt to meet the emotional needs of our newest family member. Ms. Bozena Syhaliw and Ms. Ellen McNamara of the Essex County Welfare Board are here two days a week to assist in the process of growth. They not only offer emotional support but assist in meeting the very real financial needs of each family. This can involve housing, furniture, court referrals and advice. Their contributions enable us to provide comprehensive, realistic choices.

We also work closely with the College Hospital Abused Persons Program, and every woman must attend her own individual counseling session a minimum of once a week. Feedback from the women has been positive and they have advised us they have learned much from this process.

Staff also accompanies the women to court for restraining orders, including legal custody of children (we have learned children do not belong to a parent unless the court says they have legal custody), and in their search for housing.

Our house "comes alive" after school when the voices of little people can be heard throughout. The emotions range from joy and laughter to tears and anger, all indicating the life and freedom flowing through our "treasures." We all attempt to help each child to learn about themselves and grow through this crisis in their lives. We have approached the Junior Leagues of Montclair/Newark and the Oranges/Short Hills, as well as the Women's Guild of the Short Hills Community Congregational Church, to assist us in offering a Therapeutic Activities Program to better serve our children. The feedback we have gotten from these organizations has been positive and we will share news about

this program as future events develop.

After 8 p.m. our "house" becomes quiet as children are settled into bed, and a variety of activities are offered to the women. These vary from groups which focus on economic independence, to Montclair Junior League bi-weekly assertiveness training sessions. The women also lend a hand in maintaining their new home with such required duties as cleaning the kitchen, doing the dishes and keeping the common areas and bathrooms clean, as well as cleaning their own rooms.

These tasks have been made easier through the generosity of the Montclair Junior League who contributed all new commercial kitchen equipment (the shelter feeds a very large family), and the rooms are brighter since being painted through the generosity of the Pioneers of New Jersey Bell.

The Shelter is a busy home, humming with activity 24 hours a day. It has housed 983 families since it opened four years ago. We look forward to sharing more Shelter news on a regular basis and wish to thank all of those people who have given of themselves and shared, that others might have their pain eased while on their journeys of love and self-discovery.

Elizabeth Enright

An Open Thank You

The staff at all the Babyland Nurseries really came through for me and my family during our misfortune in a fire. We thank God no one was hurt. Everything we received was greatly appreciated.

With sincere thanks,
Mrs. Berta Perry and family

Gardening Time At Babyland II

Now that winter is almost over and spring is on its way, the children at our Center are ready for some outside fun. After talking about vegetables, tasting them, and seeing them in books, we decided to start our very own vegetable garden in the Mini Tot Park. We will let you know how the garden is coming along in the next issue. Until next month!

Carol Leadbetter
Head Teacher

Matching Grant Needs Help

St. Rose of Lima School has recently received a grant challenge from the Greater Essex Community Foundation in Orange, New Jersey. It would be the responsibility of the school to match monies received from this grant. The GECF will fund the school at the rate of fifty cents to every dollar that the school raises in non-tuition fees, up to \$5,000. This means that if St. Rose of Lima School is able to raise approximately \$3,500 to satisfy the conditions of this grant, the remainder up to the \$5,000 limit (approximately \$1,500) would then be forthcoming from the Greater Essex Community Foundation. It will be necessary, therefore, for St. Rose of Lima School to conduct several fund raising projects to meet the demands of this grant.

Non-public or Alternative schools whether Parochial or Private receive no public funds for their general operation. Funds have to be raised by way of tuition and other money making affairs. Such is the case with St. Rose of Lima.

It is only through the diligent efforts of the parents of our school children in support of these affairs, that we are able to continue offering the fine education we do in this stringent economy.

Needless to say we will make every effort to raise the \$3,500 the Foundation requires. It is for this reason the Chinese Auction and other activities run by St. Rose, desperately need the support of all.

Art Wilson
Principal
St. Rose of Lima School

NOW, THERE IS HELP THE ESSEX COUNTY FAMILY VIOLENCE CENTER

SHELTER — COUNSELING REFERRALS BY TRAINED STAFF FOR BATTERED WOMEN AND THEIR CHILDREN

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24 HOUR HOT LINE CALL ANYTIME

FRIENDS OF ST. ROSE OF LIMA

PRIZES FUN CHINESE AUCTION FUN PRIZES

SATURDAY EVENING, APRIL 30, 1983

7 O'Clock to Midnight

ROSELLE CATHOLIC H. S. AUDITORIUM

Buffet Supper — Dancing

Proceeds benefit Saint Rose of Lima

We know many people look forward to the Festival as a reunion of sorts—so be sure to make a note of the date—Saturday, April 30th.

A donation of \$15.00 opens the door to the full evenings entertainment including the Buffet Supper.

Tickets are available at the Rectory or call 482-0682 for information.

Turtle Back Zoo Visits St. Rose of Lima Students

Tuesday, February 22, 1983, will long remain in the memories of the kindergarten and first grade students in Mrs. Hunter and Mrs. Gumucio's class at St. Rose of Lima School, Newark, N.J.

It is not everyday a skunk, an owl, a boa constrictor and a frog occupy center stage an arms length away in your classroom.

Simone Lawson, a seasonal Park Naturalist from the Turtle Back Zoo, reassured her rapt audience that none of the day's stars were dangerous, and by the time she had finished her introductory talks and reached her hand into Kermit the Frog's wet portable home, the youngsters were guessing their favorites in excited but orderly anticipation. The dripping wet amphibian was on his best behavior as the many little fingers stroked his puffy body. The webbed feet which make him pretty fast in swimming competitions, were noted with awe, and his eyes on top of his head did not go unnoticed. His 6-foot-high jumping record was not demonstrated, since Simone felt he might become a permanent resident of St. Rose of Lima if he once got loose.

Next to appear from her dressing room, was the mammal of the group—Chanel the skunk. The class was literally taken aback—about 3 feet and moving fast—until it was explained by Simone that since she lived among friends at the Turtle Back Zoo her scent glands, which were her only defense against an enemy, had been removed. The friendly little creature then became very popular with her soft fur flowing amidst the stroking hands.

When the member of the reptile family slithered out of its box, several members of the class went down and out—right out the door. But quite frankly I was impressed, since only two or three from each class chose not to remain. The name Miss Understood took on new meaning as the five-and-a-half foot Boa caressed her handler gently and even seemed to shyly hide behind her back. After Simone expertly bridged the informa-



Miss Understood (a baby boa constrictor) is introduced to youngsters at St. Rose of Lima School

tion gap in the children's knowledge of reptiles, the little ones actually started inching forward in their eagerness to feel her soft scaly skin. Simone obviously had them all bewitched.

The final act brought forth a beautiful representative of the bird family, Woodsy the screech owl. Since he had been dragged out of bed for his performance (night time being his most active hour), his was the most subdued act as the little 8 inch high

visitor looked sleepily around wondering what all the fuss was about. He did agree to spread his beige and white feathers long enough to show his prowess at flying back to bed, and promptly resumed his nap.

The little ones seemed absolutely fascinated by Simone, with her patient questions and helpful explanations, as well as her well behaved Turtle Back charges.

Simone, Kermit, Woodsy, Chanel and Miss Understood had obviously made many friends at St. Rose.



To touch or not to touch. "Chanel" gets the attention of youngsters as she is presented by Simone.

This Month At The Newark Public Library

Saturday, March 19, 2:00 p.m.

CHILDREN'S DEPT. FAMILY PROGRAM

Strawberry Shortcake. Caryl Green and The Happy Times Players introduce you to Strawberry Shortcake and her friends.

FORGIVENESS

We are entering the season of Easter when mankind remembers Christ dying for him on the cross, and the powerful incident of resurrection. But there is another story at the cross—the story of "forgiveness." It was a thief that said the last kind word to Jesus. Jesus took the kindness and forgave the thief.

"...today shalt thou be with me in paradise..."(Luke 23:34).

Sometimes hurting is done by and to friends, lovers, husbands, wives, family members, neighbors, fellow employees, church members, and even nations. These hurts persist and magnify sometimes manifesting into separations, divorce, fights, bloodshed, prejudices, the absence of peace, and the lack of trust.

Many years ago, there was much hostility that existed between Argentina and Chile, two neighboring South American countries. Bloodshed and hatred continued until March 13, 1904 when metal from cannons were molded to make a statue of Jesus Christ whose left hand held a large cross and whose right hand was raised in (forgiveness) blessing. At the base, inscribed in Spanish, were the words: "sooner shall these mountains crumble into dust than Argentinians and Chileans break the peace sworn at the feet of Christ the Redeemer." Each nation forgave the other and the hostilities ended.

Many a marriage might not have broken up had those involved had the spiritual strength to say a kind word in retaliation and to forgive.

Looking at forgiveness from another angle, one of the great mental maladies of mankind today is the "guilt complex." We have done wrong and we carry this albatross about our necks sapping our energy, stifling our potential, preventing us from becoming the beautiful person we can be. We have not forgiven ourselves. But there is hope for forgiveness and a new start in life. Look to II Corinthians 5:17 where we find this ray of hope in the words: ".....therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."



LEWIS GRAVES
Springfield Branch
Newark Public
Library

HEALTH CARE CENTER

623-4990

LOCATION:

New Community Gardens
210 South Orange Avenue
(corner of South Orange
and Morris Avenues)
Newark, New Jersey 07103
Ground Level

HOURS:

The Center will be open daily, some evenings and Saturdays. Office visits will be by appointment.

HOW TO MAKE AN APPOINTMENT

CALL 623-4990

All appointments will be with your private family doctor.

HEALTH CARE FOR ALL THE FAMILY